

Fresno County Smoking Cessation Resource List

Name	Agency	City	Phone	Cost	Type	Target	Language	Note
GROUP SETTING								
Mommy & Me	Kaiser Permanente 7300 N. Fresno St.	Fresno	448-4415	NONE	2 hour workshop	Pregnant women	English	Monthly classes alternating between Saturday and Thursday evenings. Includes a bonus \$15 gift certificate for Babies-R-Us.
Quitters & Slippers	Kaiser Permanente 7300 N. Fresno St.	Fresno	448-4415	NONE	Support group	General	English	Free support group recent quitters, slippers, and chewers.
	Kaiser Permanente Medical Office 2651 Highland Ave.	Selma	898-6000	NONE	8 sessions	General	English	Behavior modification
	Kaiser Permanente Medical Office 2071 Herndon Ave.	Clovis	324-5100	NONE	8 sessions	General	English	Behavior modification
Freedom From Tobacco	Exceptional Parents Unlimited 4440 N. First	Fresno	229-2000	NONE	8 sessions	Families with children 0-5	English	Behavior modification
	United Health Centers 620 Zediker Avenue	Parlier	646-3561 Lorena Lawless	NONE	7 sessions	General	Eng/Span	Behavior modification
Freedom From Smoking	American Lung Association 4948 N. Arthur	Fresno	222-4800 Melanie or Michelle	\$25 w/\$75 deposit	8 sessions	General	Eng/Span	Stress management/relaxation, effective, long term lifestyle changes, tips for dealing with weight control and social issues
One Day At A Time	ODAT	Fresno	292-1247 Linda Grahek	Negotiable	8 sessions	General	English	Behavior modification
PHONE-BASED								
CA Smokers' Helpline	CA Smokers' Helpline	N/A	800-NO-BUTTS	NONE	Phone counseling and internet information	General	Various	Available in English, Spanish, Vietnamese, Korean, Mandarin & Cantonese. Includes chew tobacco
Great Start Quitline	American Legacy Foundation www.americanlegacy.org/greatstart/	N/A	866-66-START	NONE	Phone counseling and internet information	Pregnant women	English	Information and the free support to quit smoking.
WEB-BASED								

Quit Wizard	Mass. Dept. of Health www.trytostop.org/QuitWizardV2/	N/A	N/A	NONE	Web-based	General	English	The Massachusetts Department of Health's site offers tools for personalized planning and tracking your progress.
Freedom From Smoking	American Lung Association www.lungusa.org	N/A	N/A	NONE	Web-based	General	English	Must create account to log on. Free online smoking cessation program.
Stop Smoking	University of California San Francisco www.stopsmoking.ucsf.edu	N/A	N/A	NONE	Web-based	General	English/Spanish	This program is for smokers who are ready to quit. The course takes 8 weeks to complete and the client will be contacted at 1, 3, 6 and 12 weeks about progress.
Quit Net	Boston University School of Public Health www.quitnet.com	N/A	N/A	None for Self-guided	Self-guided or with counselor Web-based	General	Eng/Span	Create a plan, ask questions, and get support from an online community. Information is also available in Spanish.
HYPNOSIS								
Just Imagine	Medical Hypnotherapy 7091 N. Teilman Suite 102	Fresno	431-2224 Sophia Booras	\$80	1 1/2 hour	General	English	Individual counseling & hypnosis (Includes tape)
	Hypnosis 6349 E. Lane 5424 N. Palm #101	Fresno	255-9471 Neil Kornzweig	Varies	Individual or group	General	English	Individual or group therapy
MEMBERS ONLY								
Quitting Matters	Health Net	N/A	800-440-5724	Free to Members	Phone Counseling	General	Eng/Span	Helps you quit over the phone
Mental Health Clinic	Veterans Hospital 2615 E. Clinton Ave.	Fresno	225-6100	Open to Veterans only	8 sessions	Veterans	English	Nicotine patch supplied free
	Sequoia Community 2790 S. Elm Ave	Fresno	233-5747	Open to Clients Only	8 sessions	General	Eng/Span	Behavior modification